

understand the sociological method of enquiry, its key ideas, concepts and perspectives and its application to the study of the relationships between sport, recreation, culture and society; (2) understand the different issues of sport and recreation in society with key sociological concepts; (3) critically evaluate modern organized sport and recreation in the society; and (4) think critically about sports and recreation as parts of social life.

PERM 3015 Recreation Programming and Event Management (3,3,0)

Prerequisite: PERM 2016 Theory and Practice in Physical Education and Recreation

This course introduces students to theories, principles and practices of recreation programming and event management. It aims to (1) develop students' programming and event management skills through practical exercises; and (2) help students acquire an understanding of the processes and procedures entailed in planning, designing and delivering of recreation programmes and running of events.

PERM 3016 Fitness and Recreation for Selected Population (3,3,0) (E)

This course discusses the benefits of exercise, exercise delivery methods and methods of assessing fitness of persons with physical disabilities, intellectual disabilities and older adults. It enables students to (1) evaluate and identify the health fitness and recreational programme needs of selected population; (2) understand the benefits of exercise for selected population and administer and interpret life-style inventory; and (3) plan and implement the activity programme for the special population.

PERM 3017 Health Fitness Evaluation and Assessment (3,3,1) (E)

Prerequisite: PERM 1006 Human Anatomy and Physiology
The course covers fundamental knowledge about the laboratory and field assessment of various health fitness components. In addition, students will gain practical experiences of fitness assessment that are essential to the understanding of the procedure of selected tests. The course aims to (1) enable students to understand both the laboratory and field assessment of various health fitness components; (2) provide students with practical hands-on experiences for such assessment; and (3) enhance students' ability to interpret health fitness testing results.

PERM 3025 Kinesiology (3,3,0)

This course is to introduce basic knowledge on biomechanical information required in performing human movement and exercise as well as in the analysis of human movement. Upon completion of the course, students should be able to (1) acquire the basic biomechanical information necessary for adequate assessment, description, and analysis of human movement and exercise; (2) possess practical laboratory experience to assess fundamental mechanical concepts; and (3) apply the application of these principles in physical and recreational activities.

PERM 3026 Nutrition and Health (3,3,0)

Prerequisite: PERM 1006 Human Anatomy and Physiology

This course is to provide students with basic nutritional principles and practice as related to health as well as nutrition as related to sports. In addition, students will examine the importance of nutrition throughout life cycle and the problems people facing about nutrition in the modern society.

This course enhance students' understanding of macro and micro-nutrients and their effects on people's health; to understand principles and practice of healthy diet; to comprehend dietary needs throughout life cycle; to understand nutritional needs of athletes and nutritional aids for sport performance; to apply nutritional concepts for weight management; to discuss nutritional issues facing today's society.

PERM 3027 Prevention and Care of Sports Injuries (3,3,0) (E)

Prerequisite: PERM 1006 Human Anatomy and Physiology
This course covers basic knowledge on the mechanism, types, prevention and treatment of sports injuries of major joints in human body. Upon completion of the course, students should be able to (1) identify the basic classification of sport injury etiology and mechanisms; (2) demonstrate the skills of proper prevention and handling of sports injuries; and (3) have a solid understanding of indications and contraindications of treatment.

PERM 3035 Public and Community Recreation (3,3,0)

Prerequisite: PERM 2016 Theory and Practice in Physical Education and Recreation

The course covers the updated community recreation development in Hong Kong. The structure, roles and functions of government, voluntary and private sectors will be explored globally and locally. The course aims to (1) enhance students' understanding of how different leisure service providers operate to meet the diverse needs and demands of individuals, families, and societies; (2) help students to appraise the professional recreation management practice and the fundamental forms of the activities promoted and developed as public and community recreation; (3) help students to appreciate a range of social and institutional forces that impact on our leisure; (4) introduce to students different approaches in the management of recreation; (5) develop students' understanding of the roles of recreation and leisure in our society (e.g. social control, for individual and community/social benefits); and (6) increase students' awareness of individual and social problems associated with recreation and leisure.

PERM 3037 Motor Learning and Development (3,3,0)

This course covers fundamental knowledge about motor learning and motor development throughout the life span. Students can apply the knowledge in laboratory section and service learning. The course enables students to (1) understand the fundamental motor skill development from babyhood to adolescence; (2) trace the path of human perceptual-motor development throughout the life span; (3) be acquainted with the process of how learning and performance of motor skill occur; and (4) discuss the implications and applications of the general principles and concepts of motor learning.

PERM 3110 Research Methods (3,3,0) (E)

Prerequisite: PERM 1160 Tests and Measurement

This course is designed as an introduction to basic research methods that are applicable to physical education and recreation. Knowledge acquired in this course will assist students in (1) understanding the nature of the research process and the differentiation of various types of researches; (2) developing the skills necessary for conducting physical education and recreation researches; (3) acquiring the ability and knowledge to understand physical education and recreation journal articles; (4) recognizing some key statistical concepts; and (5) selecting and applying the appropriate research method to conduct research at the undergraduate level.

PERM 3140 Recreation Programming and Event Management (3,3,0) (E)

Prerequisite: PERM 2120 Theory and Practice in Physical Education and Recreation

This course focuses on skills and techniques in programme planning by examining elements, processes, and problem solving in planning. The objectives of the course are to (1) develop techniques and skills common in programme planning; (2) identify existing and potential problems in planning; (3) propose alternatives in solving problems in planning; and (4) provide opportunities for students to implement the plan.

PERM 3590 Honours Project (3,*,*)

Prerequisite: Year III Physical Education and Recreation Management majors

A required project for all BA (Hons) in Physical Education and Recreation Management students. Students will pursue in-depth